

**WINDY KNOWE  
QUARTERLY NEWSLETTER  
JANUARY 2020**



**CQC RATING GOOD (DECEMBER 2019)  
WELL DONE TO ALL STAFF AT WINDY KNOWE  
FOR THIS AMAZING ACHIEVEMENT**

**WE WILL BE DOING A QUARTERLY  
NEWSLETTER WHICH WILL BE MADE  
AVAILABLE IN RECEPTION.  
THE NEWSLETTER WILL KEEP YOU UP  
TO DATE WITH FORTHCOMING  
EVENTS, EMPLOYMENT, CHANGES TO  
THE HOME AND RELATIVES MEETINGS  
ETC.**

**ANYONE WISHING TO ADVERTISE IN  
THE NEWSLETTER OR BECOME MORE  
INVOLVED IS MORE THAN WELCOME.**

**INFORMATION**

- **STAFF VACANCIES**
- **NEW BEGINNINGS**
- **WINDY KNOWE CHAMPIONS**
- **ACTIVITIES**
- **DATES FOR YOUR DIARY**
- **RELATIVES MEETING**
- **SUGGESTIONS/ KEEP IN TOUCH**

***OUR NEXT NEWSLETTER WILL BE  
AVAILABLE IN  
MARCH 2020***

***NEW STAFF WHO HAVE JOINED OUR  
TEAM***

*Windy Knowe would like to welcome our newest members of staff to their team.*

***EMMA ROYLE NEW HOME MANAGER***

*Emma brings a wealth of knowledge and experience to her role as a previous Registered Hospital Manager*

***RACHEL DIAMOND and KELLIE MCKARTHY BOTH HCA's***

*We hope they will enjoy working with us and become part of the Windy family*

***STAFF VACANCIES***

***Full time Maintenance Person***

***36 hour RGN***

***36 hour HCA Nights***



## ***WINDY KNOWE'S CHAMPIONS***

***We have allocated staff to champion roles for the home, staff who have volunteered have shown a particular interest in their chosen subject. We welcome Gill Tippins on board as our oral Hygiene Champion, in addition to the following:-***

***Dignity Champions***

***Tina Derbyshire, Liam Green***

***Falls Champions***

***Chris Kelly & Tina Derbyshire***

***Diabetic Champion***

***Jacqui Martinez***

***End of Life Champion***

***Paula Salem***

***Dementia Champions***

***Chris Kelly, Jacqui Martinez, Katie Hickman, Paula Salem, Tina Derbyshire and Family member Malcolm Guy***



## ***ACTIVITIES***

*We have lots of exciting forthcoming activities planned*

### *Weekly events*

***Movie afternoon every Thursday and Sunday. Free Popcorn, Ice Creams and Refreshments***

***Arts and Crafts, Tuesday morning and Friday afternoon***

***Armchair exercises***

***Bible Studies Tuesday morning***

### *JANUARY 2020*

***2nd Movie and popcorn afternoon***

***4th Breakfast Club***

***7th Afternoon Tea***

***9th Movie and popcorn afternoon***

***10th Arts and Craft***

***12th Songs of praise***

**14<sup>th</sup> Afternoon Tea**  
**16<sup>th</sup> Movie and popcorn afternoon**  
**17<sup>th</sup> Pamper Day**  
**21<sup>st</sup> Afternoon Tea**  
**23<sup>rd</sup> Movie and popcorn afternoon**  
**28<sup>th</sup> Afternoon Tea**  
**30<sup>th</sup> Movie and popcorn afternoon**

*Please see are activities board in the main reception for further information for February and March Activities*

## ***DATES FOR YOUR DIARY***

***Breakfast Club which is held the 1<sup>st</sup> Saturday of the month. This is proving very popular with our families***

***Afternoon Tea which will be served every Tuseday afternoon at 3pm. Families are welcome to join the residents and staff***



***Breakfast Club 1<sup>st</sup> Saturday of every month***



## ***RELATIVES MEETING***



***Our next relatives meeting will be held on***

***Wednesday 29.01.2020 @ 11.30hrs***  
***Refreshments will be made available.***

***Your support in attending the meeting would be very welcome as it gives the opportunity to discuss forthcoming events, changes to the home, updating you on current issues and chance to put your views forward and meet other Relatives***

*If you can't attend on the day, a copy of the minutes will be available. Please ask the Manager for a copy*

## ***RED PLATE TRIAL HAS BEEN A SUCCESS***



*In March 2019 we introduced **Red Plates** to our residents who were losing weight.*

***A study was completed in Boston University which identified most people living with dementia who used **Red plates** gained weight.***

***People living with dementia can't always recognise food on white plates and begin to lose weight. Our trial has been going for 3 months now and 90% of our residents using the **Red Plates** have gained weight. Visiting GP'S and Dieticians have been so impressed that they have been telling other providers about our trial***

**If you couldn't see your  
mashed potatoes,  
you probably wouldn't eat  
them.**

That was the premise that BU biopsychologist Alice Cronin-Golomb and her research partners adopted when they designed the "red plate study." Their idea was to see whether senior citizens with advanced Alzheimer's disease would eat more food from red plates than they did from white ones.

The researchers in the Vision & Cognition Lab of the Centre for Clinical Biopsychology, which Cronin-Golomb directs, had reason to hope that their experiment would succeed. Nursing home staff often complain that Alzheimer's patients do not finish the food on their plates even when staff encourages them to do so. Forty percent of individuals living with Alzheimer's lose an unhealthy amount of weight. Previous explanations for this phenomenon included depression, inability to concentrate on more than one food at a time, and

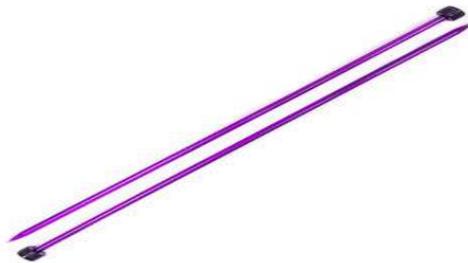
inability to eat unassisted. Cronin-Golomb and her colleagues took a different approach. They believed this behaviour might be explained by the visual-cognitive deficiencies caused by Alzheimer's. Patients with the disease cannot process visual data—like contrast and depth perception—as well as most other seniors.

So Cronin-Golomb's team, led by then-BU postdoctoral fellow and current Senior Lecturer in Psychology Tracy Dunne (GRS'92, '99), tested advanced Alzheimer's patients' level of food intake with standard white plates and with bright-red ones. What they found was astonishing—patients eating from red plates consumed 25 percent more food than those eating from white plates.

## **Donations**

***We have started our Knit and Natter club and are looking for Wool, Knitting Needles and Crocheting hooks.***

***We are also looking for Cake Stands for our Afternoon Tea  
If any of our Relatives have any of these items we would be very grateful***





***Don't forget you can follow the latest  
Springcare news by visiting the website:***

***[www.springcare.org.uk](http://www.springcare.org.uk) and we are now on  
facebook so search for us under Springcare.***



*We are always happy to receive suggestions so please pop a note using the card available in our suggestions box which is checked each Monday.*